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31 March 2016

To: All SCFA Administrator Student Care Centres,

ADVISORY ON HAZE AND WARM TEMPERATURE IN SINGAPORE

As of 11am, the 24-hour PSI reading is 69-76, which is in the Moderate range.

2 All Student Care Centres are advised to undertake the following measures:

- Monitor the PSI level through the media (Radio/TV/NEA website) for any updates and comply with the guidelines
- Identify children with asthma, heart or respiratory problems
- Where feasible, ensure there is one air-conditioned space, or room with air purifier for children who are unwell or who may have respiratory problems
- Avoid outdoor activities for children (especially for children with respiratory problems) during this period

3 In the event that the 24-hour PSI reading sits between 101-200, centres are required to:

- Cancel all outdoor activities for all children
- Cancel all physical activities for children with asthma, heart or respiratory problems.
- Reduce indoor physical exercise and activities for children.
- Monitor health situation of all children closely. Should any child fall sick or exhibit respiratory problems, centre should inform their parents and also seek immediate medical attention for the child

4 The haze health advisory is available on the MOH haze website:

http://www.moh.gov.sg/content/moh_web/home/pressRoom/Current_Issues/2014/haze.html, where a list of Frequently Asked Questions on haze can also be found.

5 The haze situation can be monitored via the media and the following sources:

- www.haze.gov.sg
- Weather@SG website
- NEA Twitter
- NEA Facebook (www.facebook.com/NEASingapore)
- NEA Call Centre at 1800 CALL NEA (1800 2255 632)
- NEA myENV App on iPhone and Android

WARM TEMPERATURE IN MARCH-MAY

6 The Ministry of Environment, Water and Resources (MEWR) has informed that Singapore normally experiences the highest daily maximum and daily mean temperatures in the months March to May, and the prevailing strong El Nino increases the likelihood of a heatwave developing during these warmer months.

7 Centres are advised to exercise additional care during periods of hot weather when conducting outdoor activities e.g. Physical activities, Outdoor field trips etc.

8 Centres may wish to consider the following when conducting outdoor physical activities:

- Children should be encouraged to drink appropriate amount of fluids (preferably plain water) before, during and after exercise to prevent heat injuries. Drinking water should always be made available to the children.
- Teachers should keep outdoor activities short and with frequent rest breaks during hot weather. Alternatively, these sessions could be conducted in well-ventilated indoor facilities.
- Centres should minimise sustained activities in the outdoors during the hottest part of the day (between 11am – 4pm) as the ultraviolet (UV) and heat stress levels are generally high during this period. If activities have to be carried out in the outdoors during this period, additional measures should be put in place, such as appropriate rest periods; water breaks and shades, as well as moderating the intensity of the activities to mitigate the effect of heat.

9 We thank you for your efforts in ensuring the safety and well-being of the children under your care.

Yours sincerely

Ms Ong Su Chern
Senior Assistant Director
ComCare and Social Support Division
Ministry of Social and Family Development